

Title 13A STATE BOARD OF EDUCATION

Subtitle 04 SPECIFIC SUBJECTS

Chapter 13 Program in Physical Education

Authority: Education Article, §§2-205(h) and 7-409, Annotated Code of Maryland

.01 Physical Education Instructional Programs for Grades Prekindergarten--12.

A. Each local school system shall:

- (1) Provide in public schools an instructional program in physical education each year with sufficient frequency and duration to meet the requirements of the State curriculum for all students in grades prekindergarten –8; and
- (2) Offer in public schools a physical education program in grades 9-12 which enables students to meet graduation requirements and to select physical education electives.

B. Maryland Physical Education Program. The physical education comprehensive instructional program shall provide a developmentally appropriate, instructional program that advances the student's knowledge, confidence, skills and motivation to enjoy a lifetime of healthful physical activity. The comprehensive instructional program shall provide for the diversity of student needs, abilities, and interests at the early, middle, and high school learning years, and shall include all of the following Maryland Physical Education Content Standards with related indicators and objectives as set forth in §C of this regulation.

C. Maryland Physical Education Content Standards

- (1) Skillfulness. Students will demonstrate the ability to enhance their performance of a variety of physical skills by developing fundamental movement skills, creating original skill combinations, combining skills effectively in skill themes, and applying skills.
- (2) Biomechanical Principles. Students will demonstrate an ability to use the principles of biomechanics to generate and control force to improve their movement effectiveness and safety.
- (3) Motor Learning Principles. Students will demonstrate the ability to use motor skill principles to learn and develop proficiency through frequent practice opportunities in which skills are repeatedly performed correctly in a variety of situations.
- (4) Exercise Physiology. Students will demonstrate the ability to use scientific principles to design and participate in a regular, moderate to vigorous physical activity program that contributes to personal health and enhances cognitive and physical performance on a variety of academic, recreational, and life tasks.
- (5) Physical Activity. Students will demonstrate the ability to use the principles of exercise physiology, social psychology, and biomechanics to design and adhere to a regular, personalized, purposeful program of physical activity consistent with their health, performance, and fitness goals in order to gain health and cognitive/academic benefits.
- (6) Social Psychological Principles. Students will demonstrate the ability to use skills essential for developing self-efficacy, fostering a sense of community, and working effectively with others in physical activity settings.

D. Curriculum Documents. Consistent with Education Article §§2-205(h) and 7-409, Annotated Code of Maryland, each local school system shall provide comprehensive physical education curriculum documents for the elementary and secondary schools under its jurisdiction that:

- (1) Include the content standards set forth in § C of this regulation; and
- (2) Align with the State Curriculum, as developed by the Maryland State Department of Education in collaboration with the local school systems.

E. The local school system shall develop guidelines and procedures for the support of qualified teachers. Each local school system shall establish planned and continuous programs as required to adequately train its teachers, administrators, supervisors and personnel in order to update knowledge, instructional materials, and methodology in physical education.

F. Student Participation. Each student shall have the opportunity to participate in the comprehensive physical education program required by this chapter.

.02 Certification Procedures.

By September 2010 and each 5 years after that, each local superintendent of schools shall certify to the State Superintendent of Schools that the instructional programming within grades prekindergarten-12 meets, at a minimum, the requirements set forth in regulation .01 of this chapter.